DOCUMENT RESUME

ED 312 568 CG 022 066

AUTHOR	Bressler, Dawn, Comp.; And Others
TITLE	Widowed Persons Service: Selected Annotated Bibliography.
INSTITUTION	American Association of Retired Persons, Washington, D.C.
PUB DATE	89
NOTE	28p.
AVAILABLE FROM	American Association of Retired Persons, 1909 K Street, N.W., Washington, DC 20049.
PUB TYPE	Reference Materials - Bibliographies (131)
EDRS PRICE	MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS	*Adjustment (to Environment); Children; *Death; Displaced Homemakers; Financial Problems; Grief; Journal Writing; Legal Problems; Poetry; Religion; Suicide; *Widowed

ABSTRACT

This document presents an annotated bibliography of books and articles on topics relevant to widowhood. These annotations are included: (1) 21 annotations on the grief process; (2) 11 annotations on personal observations about widowhood; (3) 16 annotations on practical problems surrounding widowhood, including legal and financial problems and job hunting; (4) 8 annotations on preparing for widowhood, including legal issues, funeral planning, financial security, and investigating; (5) 10 annotations of references for materials on children's grief and annotations of materials on death for children (including 4 of nonfiction, 4 of fiction materials for children ages 3 to 8, 5 of fiction materials for children ages 8 to 12, and 3 of fiction materials for children ages 12 and up); (6) 7 annotations on materials about religion and death for adults; (7) 9 annotations on materials specifically for widower; (8) 6 annotations on suicide; (9) 5 annotations on poetry and journal writing; (10) 11 annotations on research and clinical readings; (11) 9 annotations on organizing widowed programs; (12) 6 annotations of annotated bibliographies; (13) 6 annotations on sexuality; and (14) 7 annotations on alochol and drug abuse. (ABL)

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WIDOWED PERSONS SERVICE SELECTED ANNOTATED BIBLIOGRAPHY

1. The Grief Process

AARP (Peterson) — On Being Alone
AARP, Widowed Persons Service, Box 199, Long Beach, CA 90801 for single copies.
Exploration of feelings and needs of widowed persons. Although prepared by AARP, the material is applicable for all ages and both sexes.

Boulder County Hospice, Inc. — Grief: Where Do I Go From Here?
Boulder County Hospice, Inc. 2825 Marine Street, Boulder, CO 80303, 1985. Handbook offers practical information for the newly bereaved on normal feelings and reactions, coping with family and friends, outer strength/inner turmoil, etc.

Colgrove, Melba
Bloomfield, H.
McWilliams, P. — How To Survive the Loss of a Love.
Allen Park, MI. Leo Press, 1976.
Excellent resource, easy to read. Also in paperback.

Fisher, Ida and Byron Lane — The Widow's Guide to Life.
Englewood Cliffs, NJ 07632, Prentice-Hall, Inc., 1981. Sections on stress, grief and mourning, legal affairs, social security, IRS, state and local agencies, etc. How to end the old life and build a fulfilling second life.

CE 022066

Glick, Ira O., et al. — * The First Year of Bereavement.
NY, John Wiley & Sons, Inc. 1970.
For professionals and lay persons. Study of widows and widowers. Includes reports of interviews about their grief process.

Grollman, Earl A. — Living When a Loved One Has Died.
Boston, MA. Beacon Press., 1977.
Well written.

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TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

Henderson, Diane

Coping With Grief, a self-help booklet. P.O. Box 561. Tuscumbia, AL 35674. 1979.
Henderson-Clark Publishers. A short but good booklet on the grief process.

Jackson, Edgar N.

When Someone Dies. Philadelphia, PA. Fortress Press, 1973.
Discussion of grief as a process that leads to healthful recovery from loss. Examples of the different ways death affects each person, as well as some aspects of grief common to everyone. Helpful chapter on children at different age levels and their reactions to death.

Jackson, Edgar N.

* You and Your Grief. NY, Hawthorne Books, Inc., 1962. Easier to read than the above book. This small book is meant to be read by those who are grieving over a death in the family. Interesting chapter on "What not to do."

Kavanaugh, Robert E.

Facing Death. Baltimore, MD. Penguin Books, 1974. A sensitive book, well written.

Kreis, Bernadine

* Up From Grief, Patterns of Recovery.
NY, The Seabury Press, 1969.
Describes the various stages of grief from her own experiences and those of 300 persons interviewed. Also discusses how the widow can help herself, how friends and ministers can help. Reassuring and educational.

Loewinsohn, Ruth J. — Survival Handbook for Widows, (and for relatives and friends who want to understand). Reprint Glenview, IL. Scott Foresman and Company and AARP, Washington, D.C. 1984. Jargon-free, readable, potpourri of empathy and practical advice. Available through AARP Books, Scott Foresman and Company, 400 S. Edward Street, Mt. Prospect, IL 60056.

Miller, William A. — When Going to Pieces Holds You Together. (You can find healing when you allow yourself to grieve). Minneapolis, Augsburg Publishing House. 1976. Examination of some of the natural emotional reactions, behaviors, and expressions which people in grief experience. Most appropriate for readers with a Christian background.

Morris, Sarah — Grief & How to Live With It. NY., Grosset & Dunlap, 1972. A gentle and light approach for facing the pain and demands placed on you by death.

O'Connor, Nancy — Letting Go With Love: The Grieving Process. P.O. Box 3519, Apache Junction, AZ 85278. 1984. La Maripossa Press. A positive, self-help guidebook that explains the grieving process in everyday terms. Covers the depersonalization of dying, the stages and feelings of grief, individual coping styles, and techniques for handling loss, including death of spouse, parents, children, siblings, friends, suicide.

Peterson, James A. and Michael Briley — Widows & Widowhood, A creative approach to being alone. NY. Association Press, 1977. A practical and comprehensive guide for those in the midst of grief.

Raphael, Beverly — The Anatomy of Bereavement. NY. Basic Books Inc. 1983. A comprehensive guide to bereavement. Especially good chapters on the bereaved child and adolescent's grief.

Simos, Bertha G. — A Time to Grieve. NY. Family Service Association of America. 1979. Interesting exploration of the major feelings that may surface during the grieving process, and when professional intervention might be necessary.

Temes, Roberta — Living With An Empty Chair. (Expanded edition) NY, Irvington Publishers Inc. 1984. Humanistic approach to loss. Well written and beautifully illustrated. Expanded edition suggests further ways to handle stages of grief, living alone, restructuring families, and childrens' reactions to grief.

Wakin, Edward — Living As a Widow. Claretian Publications, 221 W. Madison Street, Chicago, IL 60608, 1976. Easy to read. Chapter on widowers brief but factual.

Worden, J. William — Grief Counseling and Grief Therapy A Handbook for the Mental Health Practitioner. NY, NY., Springer Publishing Company, 1982. This book is very useful for the lay counselor as well as the professional. Instead of phases of grief, he uses the phrase "tasks of mourning", implying that the grieving person can take an active part in the healing process and can take action. The author also describes the differences between normal and abnormal grief reactions. There is a good chapter on special types of loss, such as suicide.

2. Personal Observations

Brown, Velma

After Weeping, A Song. Nashville, TN. Broadman Press, 1980. Personal accounts of a widower's and a widow's grief. Most appropriate for readers with a strong Christian background.

Bryant, Betty

Leaning Into the Wind - The Wilderness of Widowhood. Philadelphia, PA. Fortress Press, 1975.
Journal of a woman whose husband committed suicide. Well written, thoughtful.

Caine, Lynn

Widow. NY, William Morrow & Co., Inc., 1974.

Lifelines. New York, Dell Publishing Co., 1977. A more thoughtful work than Widow.

Decker, Bea with Gladys Kooiman

After The Flowers Have Gone. Grand Rapids, MI. Zondervan Publishing, 1973. Author relates her very real struggle to overcome her own grief and shyness in the establishment of a self-help recovery group called THEOS (They Help Each Other Spiritually).

Hellman, Dorothy

Let Go, My Love. Bloch Publications Co., NY 1979. Written by a WPS volunteer. Very eloquent.

Lerner, Gerda

A Death of One's Own. N.Y., Simon and Schuster, 1978. After 32 years of marriage, the author's husband was diagnosed as having a brain tumor. She kept her husband at home until his death 18 months later. A moving account of living with the dying.

Liss, Bonnie — Cruising at 30,000 Feet. N.Y., Macmillan Publishing Co., Inc. 1983. A young widow with three boys, Bonnie offers a personal account of a year of readjustment after her husband's death from leukemia.

Nye, M. B. — But I Never Thought He'd Die. Philadelphia, PA. Westminster Press, 1978. Realistic and helpful.

Seskin, Jane — Young Widow. NY, Ace Books, 1975. The author's last year with her dying husband and the five years following his death. Portrayal of the transformation of a pampered, dependent girl into an independent, self-sufficient woman.

Start, Clarissa — On Becoming A Widow. St. Louis, MO. Concordia Publishing House, 1973. Author writes frankly about her activities and reactions to the realities of living as a widow. Also discussed are her responsibilities toward her aging parents and her dependent son. Sexuality problems are discussed with candor and realism.

Wylie, Betty Jane — Beginnings. N.Y., Ballantine Books, 1984. Straightforward and practical sharing of how she managed to survive her husband's death and manage alone with her children. Encourages widows to cope financially, emotionally and spiritually.

See Section 13 for Personal Observations About Widowers

3. Practical Problems Surrounding Widowhood

Antoniak, Helen et al. — Alone: Emotional, legal and financial help for the widowed or divorced woman. Millbrae, CA. Les Femmes Celestial Arts. 1979. Good section on widowhood.

Barker, Becky

Answers. P.O. Box 72666, Corpus Christi, TX 78472. 1984. A well organized three-ring binder with pockets to file or record copies of important information such as financial, insurance, real estate, business and family matters.

Bolles, Richard N.

What Color is Your Parachute? A Practical Manual for Job-Hunters and Career-changers. Berkeley, CA, Ten Speed Press, Box 4310, 94704. Edited annually.

Brown, Judith and Baldwin, Christina

Getting Through and Going On: Grief and Money Management for Widows. P.O. Box 24268, Edina, MN 55424, Touching Dragons Press, 1984. Jargon-free, well written. Provides information to help widows acknowledge and cope with the inter-relatedness of money and grief. Emphasizes that bereavement is both an emotionally and financially survivable experience.

Champagne, Marion G.

* Facing Life Alone: What Widows And Divorcees Should Know. Indianapolis, IN. Bobbs Merrill, 1964. May seem pretty blunt, but author's objective is to let you know how it is with money, the family, men and women, and remarriage.

Grollman, Earl A. (editor)

Concerning Death: A Practical Guide for the Living. Boston, MA. Beacon Press, 1974.

Household Finance Corporation

Money Management Booklet Library. Prudential Plaza, Chicago, IL 60601. Set of 12 booklets.

Institute of Life Insurance

A Discussion of Family Money, How Budgets Work and What They Do. Money in Your Life. 227 Park Avenue, New York, NY 10017. These are very good resource and work books.

U.S. Department of Labor — Job-Finding Techniques for Mature Women. (Pamphlet) Women's Bureau. Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402.

Lippett, Peter E. — Estate Planning, What Anyone Who Owns Anything Must Know. Reston Publishing Co., Inc. 1979.

Main, Hurdman & Cranstoun — * Estate Planning, Some Essentials You Should Know. Second Edition. Main, Hurdman & Cranstoun 55 East 52nd Street New York, NY 10055 c/o Mr. William Aiken

Siverd, Bonnie — Count Your Change: A Woman's Guide to Sudden Financial Change. N.Y., Arbor House, 1983. Practical guide to money and finances. Chapter on "Weathering Widowhood", excellent.

Tawes, Isabella — The Widow's Guide. New York, Schocken Books, 1981. Chapters on grief, stress, health, children and family, money, work, and others.

WEAL (Women's Equity Action League) — Better Late Than Never: Financial Aid for Older Women Seeking Education and Training. and Job Opportunities For Women in the 80's. 1980. WEAL, 805 15th Street, N.W., Suite 822, Washington, D.C. 20005. Two excellent resource pamphlets.

Weinstein, Grace W. — Financial Planning Especially For Women. Community and Consumer Relations, American Council of Life Insurance, Health Insurance Association of America. 1850 K Street, N.W., Washington, D.C. 20006. 1984. Pamphlet provides comprehensive information on the fundamentals of financial planning, the selection and use of financial experts and the array of products and services available through various financial institutions.

Yates, Martha

Coping - A Survival Manual for Women Alone. NJ, Prentice-Hall, Inc., 1976.
Covers many practical subjects: credit, car, sex, insurance, income tax, etc.

4. Preparing for Widowhood

Baranov, Alvin B. and Esther Sirkin

What Every Husband and Wife Should Know Before It's Too Late.
Van Nuys, CA, Legal Publications, Inc., 1978. Explores in detail the legal steps a person needs to take prior to and after the death of a spouse. Good chapter on applying for government benefits and life insurance policies.

Daly, Margaret et. al.

"Teach Your Wife How to be a Widow" U.S. News and World Report, Inc. 1977.

Katz, Benjamin

Now is the Time To Prepare a Guide for Your Survivor. Overlook Company, 910 North Overlook Drive, Alexandria, VA 22305. 1982.

Kutner, Luis

The Intelligent Woman's Guide to Future Security. New York, Dodd, Mead, 1970.
Planned widowhood is the theme. If it is too late to plan, the book is a very practical one for dealing with the business and financial aspects of being widowed.

Lewis, Alfred A. and Barrie Berns

Three Out of Four Wives: Widowhood In America. NY, MacMillan, 1975.
Overview of widowhood based on interviews with 325 widows. Covers job hunting, social security and pensions, social life and relations with children and other relatives.

Nelson, Thomas C.

It's Your Choice: The Practical Guide to Planning A Funeral.
Illinois, Scott Foresman and AARP, 1982.

Information about funeral prices, legal requirements, and preferred options. Designed to provide guidance to survivors and individuals formulating their own plans.

TROA (Retired Officer Assn.)

Help Your Widow While She's Still Your Wife. Mainly for military widows. For free copy write to the Retired Officer Association, 201 N. Washington St., Alexandria, VA 22314

Williams, John N.

Woman's Guide to Successful Investing. New York, Doubleday, 1975.

5. Children's Grief

Reference:

Bernstein, Joanne

Loss and How to Cope With It. N.Y. Seabury, 1977. Uses research data, anecdotes, opinions. Covers what happens when someone dies, and how to handle feelings of grief. Includes list of other books, films and organizations.

Furman, Erna

A Child's Parent Dies. Princeton, NJ, Yale U. Press, 1974. Psychoanalytic approach.

Good Grief Program

Books and Films on Death and Dying for Children and Adolescents: An Annotated Bibliography. The Good Grief Program, Judge Baker Guidance Center, 295 Longwood Avenue, Boston, MA 02115, 1985. An excellent resource listing 225 books and films categorized by school age level, publisher or distributor, length, summary of contents, comments, who died, cause of death, racial/ethnic focus, urban/rural/surburban setting. 80 pp.

Grollman, Earl A.

Talking About Death: A Dialogue Between Parent and Child. Boston, MA. Beacon Press, 1976. Nicely done. New edition with "Parents' Guide" expanded to include various ways of using the book to help reluctant parents begin to discuss death and grief. Comforting dialogue that responds to typical questions, statements or situations.

Kooiman, G.

* When Death Takes A Father. Grand Rapids, MI. Baker Book House, 1968. A mother of eight shares her experience of raising fatherless boys, fighting her own depression and loneliness. Describes the reaction of those in her community to her widowhood.

Lonnetto, Richard

Children's Conceptions of Death. N.Y., Springer. 1980. Comprehensive information on development of children's views of death from ages 3 through 12. Includes children's actual drawings, and comments. Considers special problems of dying children, childhood bereavement and explaining death to a child.

National Insitute of Mental Health

Talking to Children About Death. Public Inquires, National Institute of Mental Health, 5600 Fishers Ln., Rockville, MD 20857. Single free copies available. Pamphlet provides helpful information for parents on communication barriers, children's grief and developmental stages, and the challenge of talking with a young child.

Osborne, Ernest

When You Lose A Loved One. Public Affairs Pamphlets, 381 Park Avenue, South, NY, 10016. Discusses the feelings that accompany bereavement, the role of mourning, the funeral, the consolation of religion. Half of this pamphlet deals with helping children cope with death.

Stein, Sara B. — About Dying: An Open Family Book For Parents And Children Together. NY, Walker & Co., 1972. One Book in a series for young children. Pictures and simple text for the child with interpretive materials for the adult.

Wass, Hannelore, & Corr, Charles A. (Eds). — Helping Children Cope with Death - Guidelines and Resources. N.Y. Hemisphere Publishing Corporation, 1982. Presents section on children's drawings and verbal expressions about death. Guidelines for counseling children are presented, and resources for helping with death education. Includes 3 excellent annotated bibliographies, books for adults, books about death for children and adolescents, and audiovisual resources.

For Children

Nonfiction:

Bernstein, Joanne & Gullo Stephen — When People Die. N.Y. Dutton, 1977. Ages 6-10. Sensitive, beautifully written. Explains honestly how people feel and act during the grieving process. Answers many questions children ask about death. Stunning photographs.

Johnson, Joy and Mary — Where's Jess? Box 3367 Centering Corp. Omaha, NE. 1984 Straightforward, factual. Pre-school child asks questions; parents explain death and share their grief openly. A "first book" about death for very small children to read and re-read with a parent.

Klein, Stanley — The Final Mystery. NY Doubleday, 1974. Explains rituals of ancient civilizations and current religions regarding death.

LeShan, Eda — Learning to Say Goodbye When a Parent Dies. NY McMillan, 1975
Ages 8-12. Provides opportunity for parent and child to share information on variety of feelings during grief process. Concrete examples of how different children express their feelings.
Bibliography for children of various ages.

Fiction For Children Ages Three to Eight:

Fassler, Joan — My Grandpa Died Today. NY, Behavioral Publications, 1971
A tender story of a love shared by a young boy and his grandfather. Inevitability of death; acceptance of death.

Miles, Miska — Annie And The Old One. Boston, Little, Brown, 1971.
A beautiful story of Annie - 10 year old Indian girl who is given a weaving stick by her dying grandmother.
Grandmother helps her understand dying in context of universal rhythms. Deals with anticipation of death.

Shector, Ben — Across the Meadow. New York, Doubleday, 1973.

Viorst, Judith — The Tenth Good Thing About Barney. NY; Atheneum. 1971.
Parents help child to grieve over loss of cat. Delicate poignant illustrations. Realistic behavior of grief-stricken child. Parents accept behavior and provide outlets for expression of grief.

Fiction For Ages Eight to Twelve:

Carlson, Natalie — * The Half Sisters. New York, Harper and Row, 1970.

Clardy, Andrea

Dusty Was My Friend.
NY. Human Sciences Press Inc. 1984.
Boy grief-stricken and perplexed when friend is killed in auto accident. He experiences disbelief, anger, sadness, physical distress. Simple and believable story. Highly recommended.

Green, Phyliss

A New Mother For Martha.
NY. Human Sciences Press. 1978.
Depicts a child's difficulty in accepting the death of a parent and subsequent changes. Deals very well with the remarriage of a parent.

Orgel, Doris

The Mulberry Music. NY, Harper and Row, 1970. Well written.
Depicts the fear that arises when adults are not honest with children about death. Deals with 3 stages of grieving. This is a realistic story that shows the parent's good intentions as well as their willingness and courage to admit that they made a mistake in the way they handled a crisis.

Smith, Doris

A Taste of Blackberries. NY, Crowell, 1973.
Story of the death of a young boy and his best friend's reactions by describing his feelings at the funeral parlor, the funeral, and his eventual acceptance of the loss.

Fiction For Ages Twelve and Up:

Angell, Judie

Ronnie and Rosey. Scarsdale, NY Bradbury Press. 1977.
Thirteen-year old girl's father dies and she and her mother must adjust to life without him. Physical reactions to grief. Anger, guilt, and eventually acceptance. Early adolescent issues: testing and rebelling, loyalty to friends, search for identify.

Girion, Barbara — A Tangle of Roots. NY, Scribner, 1979. Open discussion of death when adolescent struggles with the sudden death of her mother.

Hunter, Mollie — A Sound of Chariots. NY, Harper and Row, 1972
Young girl delays grieving for her father and years later needs to deal with it. A problem seldom discussed in other stories: the problem of delayed or prolonged grief.

6. Religion

Protestant

Mills, Liston O., Ed. — Perspectives On Death. Nashville, TN. Abingdon, 1974. Considers biblical, theological, psychological, and sociological attitudes toward death.

Catholic

Rahner, Karl — * On The Theology of Death. NY, Seabury, 1961. The fundamental position of Catholic theological research concerning death.

Jewish

Lamm, Maurice — The Jewish Way in Death and Mourning. NY. Jonathan David Publ., 1969.

Reimer, Jack — Jewish Reflections on Death NY. Schocken Books, 1974. Modern writers and scholars comtemplate how Jewish theology contributes guidance in facing death and evil.

Interfaith

Kushner, Harold S. — When Bad Things Happen to Good People. NY. Schocken Books, 1981. A classic on grief. Deals with the questions human beings ask of God and the universe when tragedy wrecks their lives.

Interfaith (continued)

Weatherhead, Leslie D. * The Will of God. NY, Abingdon Press.

Westberg, Granger E. * Good Grief. Philadelphia, PA. Fortress Press, 1973.
A discussion of ten stages of grief following a loss.

7. Widowers

Berardo, Felix M. "Survivorship and social isolation: The case of the aged widower." The Family Coordinator. 1970, 19(1): 11-25.
This report highlights research on the older widower. The author suggests that older men find widowhood more difficult than do older women because older men are ill-prepared to cook their own meals, keep house, etc. They also lose their only confidante.

Burgess, Jane & Willard Kohn The Widower. Boston, MA. Beacon Press, 1978.
Practical guide for widowers as well as a sourcebook for professionals and paraprofessionals who counsel widowers.

Cato, Sid Coping with Grief: Healing Life's Great Hurts. Chicago, IL, Chicago Review Press, 213 West Institute Place, Chicago, IL, 60610, 1983.
Good, easy to read. A man's reactions to the loss of his wife and children.

Kucherow, Alex "Now help is on the way for neglected widowers." U.S. News and World Report. July, 1981, pp. 47-48. This article describes problems affecting the nation's two million widowers. Outreach programs which provide one-to-one aid for widows and widowers are described.

Lewis, C. S. * A Grief Observed. NY, The Seabury Press, 1963. Response to the death of his wife. Concludes that bereavement is an integral part of the experience of love.

Meryman, Richard Hope - A Loss Survived Boston, MA. Toronto. Little, Brown & Co., 1980. A widower's personal account of his wife's illness and death and what it was like for a widower to become mother and father to his two daughters.

Schoen, Elin Widower, N.Y., William Morrow & Company, 1984. A daughter's account of her 61 year-old father's widowhood after 37 years of fulfilling marriage. She talks about his sudden remarriage 8 months after his wife's death. The marriage, made in grief, fails. He learns that loss must be faced despite his efforts to avoid it. A book that captures your attention from beginning to end.

Thornburgh, Bethann R.E.C.I.P.I.X., Crown Publishing, Inc., Dept. 761, 34 Engelhard Ave., Avenel, N.J., 07001, 1984. 50 Step-by-step recipes in pictures from around the world. Great way for men to learn to cook. Each step shows the working utensils needed as well as clearly picturing "how to's".

Wallant, Louis * The Human Season. NY. Harcourt & Brace 1960. A man's reaction to death and widowhood.

8. Suicide

Calvin, Frederick and Louis Lague

"Dealing with the Crisis of Suicide." Public Affairs Pamphlet No. 406A, NY. Public Affairs Dept., 1972. 20 pages. This pamphlet provides information on possible motivations of suicidal persons, the quilt survivors suffer, and who is going through a suicidal crisis.

Grollman, Earl

Suicide: Prevention, Intervention and Postvention. Boston, MA. Beacon Press, 1971.

Miller, Marv

Suicide After Sixty -- The Final Alternative. NY, Springer Publishing Co., Vol. 2 in the Springer Series on Death and Suicide, 1979.
The experiences of aging that lead some older persons to commit suicide. Case histories are used to show different reactions to later life losses which may lead to suicide.

Osgood, Nancy J.

Suicide in the Elderly; A Practitioner's Guide to Diagnosis and Mental Health Intervention. Rockville, MD Aspen Systems Corporation. 1985.

Comprehensive. Provides extensive information on ways to identify persons over 60 who are most vulnerable for suicide. Suggests how to detect warning signs and clues so you can anticipate and recognize cries for help. Includes a profile of at-risk elderly, demographic factors, warning signs, and 11 instruments to measure depression and hopelessness.

Stone, Howard W.

Suicide and Grief. Philadelphia Fortress Press. 1972.

Written for the Survivor of suicide although beginning chapters are on suicide detection and prevention. Results of research project conducted by the Suicide Prevention Center of Los Angeles, CA.

Thanatology Today

"Suicide Alert: Ten Warning Signals" Thanatology Today, Vol. 3, Issue 5, p. 2. This brief report discusses ten warning signals of possible suicide. Free poster listing the ten signals can be obtained from Medical Tribune, Inc., 257 Park Avenue South, N.Y., NY 10010, (212) 674-8500. Dede Silverstone, Librarian.

9. Poetry and Journal Writing

Baldwin, Christina

One to One: Self-Understanding through Journal Writing. N.Y. M. Evans and Co., N.Y.C., 10017, 1977. Very well written book on journal writing as self-help. Often used for working through the grieving process. An excellent way to guide oneself through growth and change.

Bjorkman, Adaline

While it Was Still Dark, Chicago, IL, Covenant Press, 1979. Prose/ poetry journal of a pilgrimage through grief.

Bozarth-Campbell, Alla Ph.D.

Life is Goodby/Life is Hello: Grieving Well Through All Kinds of Loss. Minneapolis, MN, CompCare Publications, 1982. The author incorporates poetry she wrote through her own grieving process. Included in this 203-page book are selections on grieving through birth/parenting, change, death, separation/divorce, sickness, success, along with information on attitudes, styles, and the essentials of grieving. A listing of other resources is given at the conclusion of the book.

McKee, Martha L.

Single Circles, Dayton, OH 45429. Landfall Press, 1982. Poetry through grief, single living, grandparenting.

Moffat, Mary Jane (Ed.)

In the Midst of Winter: Selections from the Literature of Mourning. N.Y. Vintage Books, 1982. Beautiful selection of prose and poetry.

10. Research and Clinical Readings

Carr, Arthur C., Schoenberg, B. et al.

Grief - Selected readings on clinical and religious views of death and grief. NY. Health Sciences Publ. Co. 1975.

Gorer, Geoffrey

* Death, Grief and Mourning. Garden City, Doubleday and Co., 1965.

Hyman, Herbert H.

Of Time and Widowhood: Nationwide Studies of Enduring Effects. Durham, NC: Duke Press Policy Studies. 1983.
A very scholarly book with graphs and charts. Over 650 widows are compared with 2,000 married women. Comforting is the relatively good adjustment widows make as time passes. Not so comforting is the chapter on widowers -- their adjustment is relatively poor.

LIMRA

The Widows Study Summary. LIMRA, 170 Sigourney St., Hartford, CT. 06105.

Lopata, Helena S.

Widowhood In An American City. Cambridge, MA., Schenkman, 1973. Study based on a sample of 301 Chicago widows over age 50 interviewed exhaustively on their social relations - roles as mother, worker, kin - considered by age, race and social class. Lopata recommends programs for meeting the needs of urban widows and concludes that the ability to re-engage in society is more closely correlated with social class than with personality.

Lopata, Helena S.

Women as Widows: Support Systems NY. Elsevier Publishing Co. 1979. This book reports on an extensive study using a sample of over 750 Chicago area widows 50 years and older. The widows were interviewed on how their social support network including families, friends, organizations, and religious groups affected adjustment to widowhood. Families and support groups were shown to have the greatest impact on adjusting to widowhood.

Osterweis, Marian, Fredric Solomon, and Morris Green (Eds).

Bereavement: Reactions, Consequences, and Care. Committee for the Study of Health Consequences of the Stress of Bereavement, Institute of Medicine. Washington, DC. National Academy Press. 1984. This comprehensive study brings together data from medical, behavioral, biological, and social scientists. It offers guidelines for care-givers and family members suggesting helpful ways to talk with bereaved. It describes normal and abnormal bereavement reactions and how survivors differ -- children from adults, men from women. Various types of lay and professional intervention strategies are evaluated.

Parkes, M. — Bereavement: Studies of Grief in Adult Life. New York, International Universities Press, Inc., 1972.

Pincus, Lily — Death And The Family. New York, Vintage Books, 1976 (paperback)

Rando, Therese A. — Grief, Dying, and Death: Clinical Interventions for Caregivers. Champaign, IL: Research Press Company, 1984.
This book offers caregivers specific and practical treatment interventions for working with the chronically ill, the dying, and those bereaved from any type of loss. Specific losses are discussed and different treatment approaches are identified. Interventions focus on pain, the dying child, bereaved family, loss of a spouse, loss by suicide. Several exercises and care examples are provided to help bridge the gap between therapy and application.

Weiss, Robert S. — Loneliness: The Experience of Emotional and Social Isolation. Cambridge, MA., The MIT Press, 1973.

11. Organizing Widowed Programs

AARP — Widowed Persons Service Organization Manual. AARP, Widowed Persons Service, 1909 K Street, N.W. Washington, DC 20049. Available only to groups organizing as AARP Widowed Persons Service Programs.

Garfield, Charles A. & Gary J. Jenkins — "Stress and Coping of Volunteers Counseling the Dying & Bereaved" Omega, Vol. 12, Issue 1, pp. 1-13. The article reports on the stress and coping experience of 45 community volunteers. Guidelines for optimal training and counseling of volunteers.

Haines, Mike

Volunteers! How to Find Them. How to Keep Them! Vancouver Action Resource Center, 1977.

Hill, Karen

Helping You Helps Me: A Guide Book for Self-Help Groups
Canadian Council on Social Development, P.O. Box 3505, Ottawa, Ontario, Canada K1Y 4G1. A free pamphlet. Practical guide to starting and maintaining a selfhelp group. Good information on holding an effective meeting.

Hiltz, S. R.

Creative Community Services for Widows. A Pilot Project, Port Washington, NY. Kennikat Press, 1977.

Public Service Materials Center:

The Complete Fund Raising Catalogue
111 N. Central Avenue
Hartsdale, New York 10530
A free catalogue of book descriptions on the subject of fund raising.

Silverman, Phyllis

Helping Each Other In Widowhood
NY. Health Services Publishing, 1975.

Silverman, Phyllis

If You Will Lift the Load...I Will Lift It Too. NY. Health Sciences Publishing Corp., 1976.

Volunteer - The National Center

Volunteer Readership Catalogue
1111 No. 19th Street, Suite 500
Arlington, VA 22209
(703) 276-0542
A free catalogue of valuable books on such topics as The Successful Volunteer Organization, The Grass Roots Fundraising Book, Am I Covered: A Guide to Insurance for Non-Profits, Beyond Banquets, Plaques, and Pins.

12. Annotated Bibliographies

Fulton, R. — Death, Grief, and Bereavement: A bibliography: 1845-1975. NY. Arno Press, 1977.

Good Grief Program — Books and Films on Death and Dying for Children and Adolescents: An Annotated Bibliography. (See description in Children's Grief Reference section.)

Goodman, Sara, Ed. — On Widowhood. Books, Research, Resources. 34 Laurel Lane, Longmeadow, MA 01106. 1979.

Miller, Albert J. — Death: A Bibliographical Guide. Metuchen, NJ: Scarecrow Press. 1977.

Simpson, Michael A. — Dying Death and Grief NY: Plenum Press. 1979. A critically annotated bibliography and source book.

Strugnell, C., Ed. — Adjustment to Widowhood and Related Problems. NY. Health Sciences Publishing Co., 1974.

13. Sexuality

Butler, Robert & Myrna Lewis — Sex After Sixty, NY. Harper & Row, 1976.
Besides debunking myths about sex in later years, there are chapters on grief work, dating and remarriage.

Peterson, James & Barbara Payne — Love in the Later Years, NY. Associate Press, 1975.
The book explores present research in the area of love and sexual potential. Some issues include sexual achievement for the older person and remarriage.

Solnick, Robert L. (ed.) (Revised)

Sexuality and Aging, Los Angeles, CA. Ethel Percy Andrus Center, Univ. of Southern California, 1978, 195 pp. This book, written for the professional and non-professional alike, complies in one sourcebook several topics on sexuality and aging. Physiological, psychological and sociological issues are all examined.

Starr & Weiner

Sex and Sexuality in the Mature Years.
NY. Stein and Day, 1981.
Survey of 800 adults over 60 regarding their feelings about love, intimacy and sex.

Stimson, Ardyth, John Ware & John Stimson

"Sexuality and Self Esteem Among the Aged." Research On Aging, Vol. 3, Issue 2, pp. 228-239.
Sage Publications, 1981.
This research study reports that an active sex life appears to be crucial to the older man's feelings of self worth. For the older woman self esteem is related to feelings of loss of attractiveness. Self esteem based on sexual activity is therefore apparently less crucial for the older woman than for the older man.

Troll, Lillian & Joan and Kenneth Israel (Eds).

"Sex and the Older Woman," article in Looking Ahead: A Woman's Guide to the Problems and Joys of Growing Older.
Englewood Cliffs, NJ. Prentice Hall, 1977.
This article reports on the sexual activity, patterns and interests of older women.

14. Alcohol and Drug Abuse

"Alcohol and the Elderly In Brief" Alcohol Topics, Rockville, MD. National Institute on Alcohol Abuse and Alcoholism, 1978. Discusses the extent, reasons for, and treatment of the alcohol problem in the elderly.

Gibson, Mathew

Blue Ribbon Commission on Alcoholism and the Aging Treatment Task Force Report. National Council on Alcoholism, 1980, 11 pp. This report describes the basic needs and characteristics of the older alcoholic. Between 10-15% of the aging population are said to be alcoholic. The current treatment models in use are defined and described (AA, aversion therapy, multidisciplinary approaches, family therapy). Suggestions as to what needs to be done and who should help the older alcoholic are offered.

Glantz, Meyer D; David Peterson, and Frank Whittington (Eds).

Drugs and the Elderly Adult. Rockville, MD: U.S. Dept. of Health and Human Services, National Institute on Drug Abuse Publication No. 83-1269. 1983.
Excellent resource very comprehensive.

Glassock, Janet Ashton

"Rehabilitating the older alcoholic." Aging, 1979, Sept./Oct. pp. 19-24.
This article describes the Helping Hands program which is a continuing care support group at the Alcoholism Treatment and Education Center in Long Beach, California. Besides the continuing care support group in which 15-25% of the population is over 60 years of age, a special inpatient program has been created for older alcoholics at the center.

Kayne, Ronald C. (ed.)

Drugs and the Elderly. Los Angeles, CA. Ethel Percy Andrus Gerontology Center, 1978, 156 pp.
This book contains several articles dealing with prescription, over the counter, and other drugs used by the elderly population. The book assembles information which will assist providers and their aged clients in understanding, recognizing, managing, and most importantly preventing drug related problems.

Mishara, Brian L. and Robert Kastenbaum

Alcohol and Old Age.
NY: Grune and Stratton, 1980. Includes very good bibliographical references. Extensive research section.

Peterson, David M., and Frank J. Whittington

Drugs, Alcohol and Aging.
Dubuque, IA: Kendall/Hunt. 1982. Includes information on drug and alcohol use and statistics of abuse as well as information on intervention strategies for older alcohol/drug abuser.

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*Book is out of print.
May be obtained in libraries.